

Teacher Techniques

1. **Act as a model** -Remembering the old and very true adage that children pay more attention to what you do than what you say. Model the behavior you wish to see in the student; this is one of the most effective strategies you can use
2. **Maintain environmental control**- It is critical to have sufficient control over what the student has access to prior to intervening. (E.g., rushing for school).
3. **Use anger as a tool, not an outlet**- Anger is best used very infrequently, for brief periods of time, and should be followed by an opportunity for positive reinforcement shortly afterwards. Consider anger a tool only to be used when absolutely necessary, e.g., safety-related situations. If you are someone who chronically uses anger with students, consider getting help for yourself. At the very least, you'll probably live longer
4. **Develop instructional control**- asking students to do something one time, respectfully, and observing compliance follow.
5. **Reinforce effectively**- Delivering a social reward within 1 second of behavior occurring, done in a specific manner, and with sincerity. (Hint: "Good Job," except on rare occasion, doesn't quite do it). Be on the lookout for reinforcement opportunities, simple, not effusive, verbal praise is sufficient (over the top praise is not only ridiculous, but also harmful)
6. **Prompt effectively**- Understanding what a prompt is and how to use it without invoking anger, irritation, or other emotional reactions.
7. **Pay attention to small changes in behavior and ignore the small stuff**- Change is hard, so even small and inconsistent changes are important to acknowledge. By continuing to reinforce behavior without constantly reminding students how to improve or what they could have done a little better, you increase the value of your rewards.
8. **Give the student choices**- Ask what behavior he or she thinks is most important to change. Regardless of what it is, (so long as it isn't an inappropriate behavior), it gives him/her the message that you listen to and respect their opinion.
9. **No surprise consequences**- Plan any consequences in advance and inform students in a caring and neutral voice, never surprise your child with a consequence, that usually means you did it out of anger or frustration
10. **Avoid lectures**- Students rarely benefit from "I told you so's," lengthy lectures, asking him or her "why did you do that?" (especially in an angry or disappointed tone).